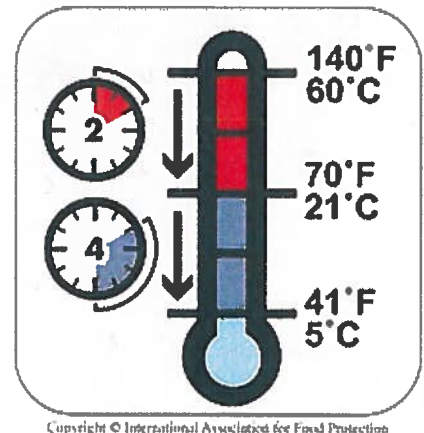


# Cooling Hot Foods

## Use a thermometer to check that foods are cooled:

- From 135° F to 70° F within 2 hours; then –
- From 70° F to 41° F within 4 more hours.
- Pre-chill salad ingredients (such as tuna, mayonnaise, etc.) OR cool from room temperature to 41° F within 4 hours.



## Methods:

**Reduce the size of poultry, fish and meat roasts.**

### Shallow pans (soups, sauces, gravies, etc.):

1. Put a 2-inch layer of food in a shallow pan.
2. Do not cover.
3. Put the pan in the cooler where cold air can blow across it.
4. Stir to help release heat.
5. Cover the food after it has cooled.
6. Can also be used for small to medium sized pieces of meat.

### Ice bath:

1. Put the food container into an ice water bath.
2. Stir the food every 30 minutes - more often if possible.

### Chilling wands or paddles (for large containers):

1. Place the clean, frozen wand in the food and stir.
2. May be used in combination with another rapid cooling method - such as ice bath, or pouring into shallow pans to finish.

### Adding ice instead of water (soups, stews, etc.):

1. Add only half of the water before cooking.
2. After cooking, add the other half as ice.